

Faith for Today

OUR VISION - A world powerfully transformed through the growing movement of shared spiritual awakening.
OUR MISSION - Empowering personal growth through positive spiritual principles, inspirational music and community service.

Heart 2 Heart Connections

Dear Unity CommUnity,



Have you heard the saying, April showers bring May flowers? Well, our showers didn't wait until May. It has rained so much in San Diego County, the flowers are already here! They are beautiful and demonstrate the vitality of a new season. It is also the time when the sun is shining brighter each day. By June 21st we will experience the longest daylight of the year. This gives us a lot to look forward to even when things are happening in our lives and in the world, which may be or appear to be dismal. During the current times we are living in, we may forget to stop and take in the preciousness of this now moment. And the next moment and the next. I invite you to take some time and look at or smell some flowers. If you are able, take

a close up photograph of a flower. Once you take the picture, you can return to it any time you want and take a few moments to connect with the beauty of God's perfect creation. It is the same as you; a perfect creation.

Rev. Edith Washington-Woods, M. Div.
Senior Minister

LETTER FROM BOARD MEMBER, FLOR SANCHEZ

Dear Church Family

I am so grateful to have the opportunity to practice my faith. One opportunity I have been given is to help take care of a couple who are my neighbors until they die. And another is to help raise my grandson. I learned a lot from that experience. And another is to have been invited to be a member of the church board around the time when Rev. Blair retired.

I learned how much is needed to run a church: legally, financially and the time needed. And now we have the privilege to have Rev. Edith and Rev. Karla. They have so much love for the church, they are always working, working tirelessly. And another person I would like to acknowledge is Cathie Robertson. She did such a great job of holding the church together during our challenging transition a year ago. And I want to acknowledge each member of the board. They give so much love and they are so committed to the church. And I also want to thank all those members of the church who help so much.

Love, gratitude and abundance to all of you,
Flor Sanchez

Youth & Family MINISTRY

Hello Unity San Diego! I bring you blessings and peace! I am surrounding you in safety and prayer. The Youth & Family Ministry continues to be circled with joy, growth and spiritual blessings. Right now, life looks differently than we were used to, but our Unity family is strong and powerful in love and in prayer.

So that we can all stay connected with each other, there are zoom calls for our young people happening every Sunday. For sacred safety reasons we are not including the zoom call links in this information. For anyone new to the calls, please contact me at akosua.yfm.sandiego@gmail.com and once I have verified your information, I will forward the link to you.

Southwest Unity Regional Youth & Teen Events Director, Angie Keyes continues to host a Zoom call on Sunday mornings from 11am-12pm for the YOU and UniTeens (ages 12-18) in the southwest region. She has them fully engaged in participating in lessons run by the young people in both large and small groups. If you have a YOU/UniTeen that needs the connection information, feel free to reach out to me for the information. Our young people continue share in our vision of being prosperous, abundant and connected.

On Sunday mornings from 11:30am-12:30pm a separate Zoom call happens with our UniTots and UniKids (ages 3-11) group. The call is hosted by Teachers Tamara Leeper, Pat Case and me. We will occasionally send some of the lessons, art projects, mindfulness exercises and links to videos out prior to the call, but mostly we will have our lessons in real time. These Zoom calls are done on Sunday's after our church service so that the teachers can attend service and be spiritually fed as well. Again, feel free to reach out to me for information on the Zoom call connection.

Plans for an in-home scavenger hunt are forthcoming, as well as other games that can be played as a family, as we all shelter in place. No need to go buy anything, this will be things found in your home. This is a time for families to join together and be creative. Join us as we gather to create community even when we are not sharing the same physical space. If you are on a mobile device, iPad or tablet you can show us while you are seeking the scavenger items on the Zoom call if you want! Post photos of your creations and progress if you want to. Let's make this fun!!! There are prizes for the family that was the most successful in collecting the most scavenger hunt items. Look for your clues via email. If you need more ideas about this, or have some suggestions, let's talk.

Zoom can be used to stay connected with your church family, but once you have an account, you can stay in touch with family, friends, neighbors and even attend classes and meetings. It's a great tool in this time of physical distancing and lockdowns.

We will continue the Zoom calls for both YOU/UniTeens and the UniTots/UniKids for the duration of the shelter in place.

As you can see, our youth will continue to be busy! We appreciate your continued support and thank you for your trust!

And as always, We Stand in Love!!

In gratitude,

Akosua Washington-Woods

Youth & Family Ministry Director

akosua.yfm.sandiego@gmail.com

From the 12 Powers ...

May ◦ Power

Philip
Root of tongue
Color: purple
The ability to master, have dominion and control.

I have the power to create my world.



June ◦ Imagination

Bartholomew
Between the eyes
Color: light blue
The ability to image, picture, conceptualize, envision, dream.

I envision good unfolding in every area of my life.

Prayer MINISTRY

Healing Begins with Our Imagination

How prepared are we in this time of challenge to go deeper and connect with the Source of our being? What can we do to calm our minds? One suggestion is to turn off the TV and radio and rest in the silence. If possible, go into your yard and focus on the beauty of Spring coming forth. The flowers open each day to the sun. Can we not open ourselves to the true reality of Spirit in all things? This verse from Philippians 4:8 (NIV) can remind us: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

We can heal our minds and bodies with our imagination, one of the 12 powers discussed by Charles Fillmore, co-founder of Unity, with the expression, “I envision good unfolding in every area of my life.” Catherine Ponder in her book, *The Dynamic Laws of Healing*, reminds us that each of us can use the power of imagination in greater and greater ways. She says, “Few of us realize the almost superhuman power that the imagination has upon the body. To picture health is one of the most scientific ways of producing it in the body. To picture health is also one of the quickest roads to healing. Permanent healing often begins with the erasure of disease pictures in the mind. Through deliberate, constructive use of your imagination, you can produce wonderful changes in your body.”

We start with our own healing and then send healing loving blessings throughout our city, county, country and the world. Here are some affirmations to carry in your heart:

I am Divine intelligence. I am letting Divine intelligence express perfection through me now.

Every part of my body is filled with Divine intelligence. I am whole, well and harmonious through and through.

Our devoted Prayer Workers are now available, Monday through Friday from 8am to 5pm. Call for support in using your power of imagination. Daily meditations with Rev. Edith or Rev. Karla are daily at 9am on Facebook Live on Unity San Diego's page. The monthly Prayer Ministry meditation occurs on the second Wednesday of each month at 11am also on Facebook.

We cherish our connection with you and see you healthy, prosperous and loved,
Your Prayer Ministry

El Nido Update

El Nido Apt. Project on Hold until late May, early June

Interfaith Shelter Network has informed us that Apt. 11 will probably not be refurbished until late May or early June. It is 5th in line for a major remodel.

Keep their efforts in your prayers as well as the families who are sequestered as we are.

If you have items to donate, please keep them safely at home and we will notify you when they can be brought to Unity.

More info on items needed will be published in e-news. Contact Aline King at ankunity@gmail.com for more info.

With grateful thanks for your service.

Prayer Ministry (619)282-7609 | PrayerMinistry@UnitySanDiego.org | Daily Word (619)281-LOVE (5683)
Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619)280-2501

Collaborative Feedback Zoom Workshop with Karen Starz

You are invited to join us on Saturday, May 9th from 2-5:30pm Pacific Time for this online Zoom Workshop with Karen Starz, CNVC Certified Trainer. We are constantly giving and receiving feedback, whether consciously or not. This course teaches you how to do it in a way that inspires collaboration. The workshop will be 50% skills + knowledge and 50% practice. Once completed, you will have access to an online donation-based practice group that meets weekly.

**To register for this class you must email Karen at Starz.organizer@gmail.com
PRIOR TO the date of the workshop.**

Spiritual Recovery Zoom Group Everlasting Serenity

Please join us online in our Zoom meeting as we study Unity, Recovery and the Biblical 12 Steps and work to enhance your relationship with the God of your understanding. We are using the "Life Recovery Bible" and "Life Recovery Workbook."

Our group meets on the first, second, third and fifth Tuesdays of the month from 7-8:30pm. Everyone welcome!

Contact Rev. Karla Lightner for more information at 619-218-6135 or karla@unitysandiego.org.

TENANT UPDATE - by Rev. Karla Lightner- Associate Minister

The floors of the tower are so quiet now only the whistle of a slight wind can be heard. Gone are the guitars, violins and keyboards. No Mariachis sing on Saturday as schools have shut down and we shelter in place. Yet, it is only temporary.

City Heights Music School rents a spot on the third floor of the tower and is anxious to return to holding classes at Unity San Diego as soon as it is allowed. In the meantime, they are offering some classes online.

Al-Anon - Our Spanish-speaking Al-Anon group began meeting on the east side of the second floor of the tower last month. While they too are complying with meeting restrictions they will be happy to return to their Tuesday and Thursday evenings at 6:30pm as soon as possible.

Heartland House - Our men's recovery program can't wait to be able to hold meetings here at Unity San Diego again. They meet on Friday, Saturday and Sunday nights from 6:30-8:30pm, and can't wait to return to holding their meetings on the east side of the third floor of the tower.

C.A.F.E. Grupo - Our Spanish-speaking 12 step family support group will return to meeting at Unity San Diego once restrictions are lifted. They will meet on Friday and Saturday nights from 6:30-8:30pm on the east side of the second floor. They are anxiously awaiting the lifting of restrictions and their return to Unity San Diego.

We are so fortunate to have so many groups that love meeting at our Spiritual Center. Soon, this quarantine will be behind us and we will all be together again. In the meantime, stay prayed up, centered and safe.

This too shall pass. – Love and many, many blessings!
Rev. Karla

Please join us for our **Sunday Services** for words of inspiration from Rev. Edith and Rev. Karla, and wonderful music provided by our Music Team on Sundays at 10am, seen on our **Facebook page using Live Stream**, and for our **Zoom Fellowship Meetings** after service at 11am.

Unity San Diego | 3770 Altadena Ave | San Diego, CA 92105



Sunday Lessons



May / June 2020
Sunday Service at 10am

Annual Theme - Perfect Vision: Seeing Through a Spiritual Lens

May

- May 3rd "What Really Matters?"
- May 10th "The Powerful Dance of Mothering"
- May 17th "The Wonder of it All" - Rev Karla
- May 24th "Living in the Question"
- May 31st "Acceptance is the Key"
- Rev Karla or Rev Edith

June

- June 7th "Imagine a Miracle"
- June 14th "I Lose Myself in the Journey"
- June 21st "Take Tender Loving, Care"
- June 28th "Open the Eyes of My Heart"
- Rev Karla

Unity San Diego - a Spiritual Community

Senior Minister
Reverend Edith
Washington-Woods

Associate Minister
Reverend Karla Lightner



3770 Altadena Avenue
San Diego, CA 92105

Sunday Service 10am
Church Offices: (619) 280-2501
Prayer Ministry: (619) 282-7609
Daily Word Line (619) 281-LOVE (5683)
2nd Wednesday Meditation 11am
PrayerMinistry@UnitySanDiego.org

GLAD TO BE CONNECTED!

We are grateful for the internet to help keep us connected. We hope you will continue to join us for our **Morning Meditations** at 9am daily and our **Sunday Services** at 10am, both via our **Facebook page using Live Stream**, as well as our **Zoom Fellowship Meetings** after service at 11am, our **Zoom Workshops and Classes**, and our **Zoom lessons and events** for our Youth and Family Ministry. Also, the **Prayer Ministry** is just a call away at 619-282-7609 and is there serving our Unity family with prayer around the clock. We will continue to keep you informed with posts on our website at unitysandiego.org and our Unity San Diego Facebook page.

And in addition to that, you can receive
Daily ePrayers, Weekly eNews
and/or the Bi-monthly Faith for Today Newsletter

sent to your email. If you would like to receive any or all of these, sign up on our website at <https://www.unitysandiego.org/enews>.

THANK YOU!

Chris Blanchard, Sacred Server for the Month of March

Our Sacred Server of the month is Chris Blanchard. Though we've been blessed to have him as part of our church family for some time, Chris has really stepped up and out in service since officially becoming a member in 2019. He has been serving behind the camera live streaming our services online, sharing that duty before our Covid restrictions were in place and consistently now during the restricted weeks since (of course, in his mask and at least 6 ft or more from the few others required to put on the service). Since the need to go virtual with all services, Chris has been posting the recorded Sunday service video to YouTube after service. He also helps update and run the website, and has become a monthly usher/greeter. Oh, and did I mentioned that he helped with our campus work/paint party in March, and that his is the kind warm male voice delivering our Daily Word line prayers?

We appreciate Chris and look forward to seeing him once we're all able to connect in person again, whether he's serving in some way or simply enjoying a service, class or visiting in Wrigley Hall.

Gift Card (Scrip) News

Those people who have signed up on shopwithscrip.com can continue reloading those cards that are reloadable when they need to. Then the church will continue to make money. Also be sure to use your Food for Less, Ralph's and other cards so the money goes to Unity San Diego.

If you are shopping on Amazon, be sure you are using AmazonSmile. It works just like Amazon, but some items have rebates that come to Unity as long as you have designated Christ Church Unity, San Diego as your organization.